



Activity 2.5: Attending to an unconscious

- i) Describe how you would attend to a casualty that is unconscious.
- ii) In pairs, practise and illustrate the recovery position.

Attending to minor injuries

In life, you get different kinds of injuries or accidents depending on what we are doing whether at home, school or in our communities. Despite the place where you are, you should be able to save a life using the means available in terms of material. Lack of a manufactured first aid kit should never be an excuse for you not to give first aid. Below is a description of how you can attend to different kinds of injuries.

a. Minor Cuts and Wounds

Minor cuts can be caused by any sharp object such as knife, scissors, broken glass, blades or nails. Although the surface cut may be small, such objects can penetrate deeply and cause more harm to the internal parts in the body. If not covered properly, dirt may get into the wounds, and so even minor scratches can become infected.

Action taken for cuts and wounds

- i) Wash hands thoroughly before treating the wound.
- ii) Gently clean away any dirt on the surface of the cut or wound.
- iii) Using clean warm water and a little mild antiseptic, clean the wound and the surrounding area.



Fig. 2.9: Cleaning a wound

- iv) Dress the wound with a clean bandage.
- v) If the wound or cut is caused by a rusty object, a tetanus injection may be required.

b. Cramps

A cramp is a sudden pull in the muscle during a hard or long activity. It may be caused by lack of fluid or flow or blood to the muscles. It can cause sharp pain in the muscle. Poor circulation or hard, long exercise in hot or cold conditions can cause a muscle to become cramped.

Action taken for a cramp

- i) Gently stretch and straighten the cramped muscle.
- ii) For a hand cramp, get the person to straighten the fingers and press down on the tips.

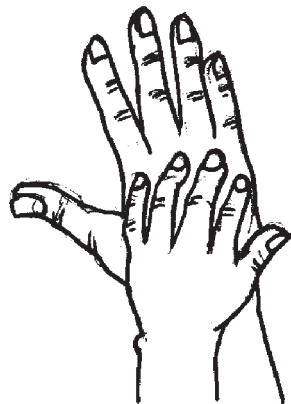


Fig. 2.10: First aid for a hand cramp

- iii) For foot or calf cramp, get the person to stand, pushing down on the heel and toes.
- iv) For thigh cramp, seat the person and straighten the leg. Lift the toes with one of your hands and press down on the knee with the other one.

c. Sprains



Fig. 2.11: Sprained ankle

When the white tissue that binds bones and muscles together in a joint is torn, it is called a sprain. Sprains often happen to ankles, but can also affect wrists, elbows, knees and shoulders.

Signs and symptoms of sprains are pain and tenderness around the joint, restricted movement of the joint, swelling and bruising.

Warning! Do not move the joint if you suspect it is fractured.

Action taken for sprains (RICE)

- i) **R**- Rest the joint in the most comfortable position.
- ii) **I**- Apply ice packs that are wrapped in a piece of cloth.
- iii) **C**- Apply a compression bandage that extends well beyond the site.
- iv) **E**- Elevate the injured limb to reduce blood flow to the limb.

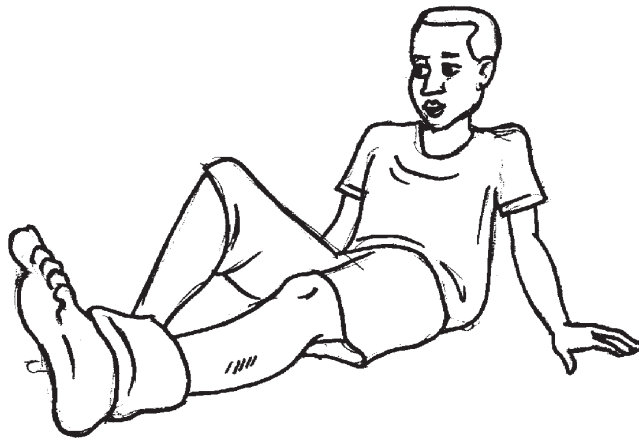


Fig. 2.12: Ice on a sprained ankle

- v) Seek medical aid.

d. Dislocations

When the bones are pushed out of their normal position, it is called a dislocation. Signs and symptoms of dislocations are intense pain, deformity, inability to move the joint, and swelling and bruising.

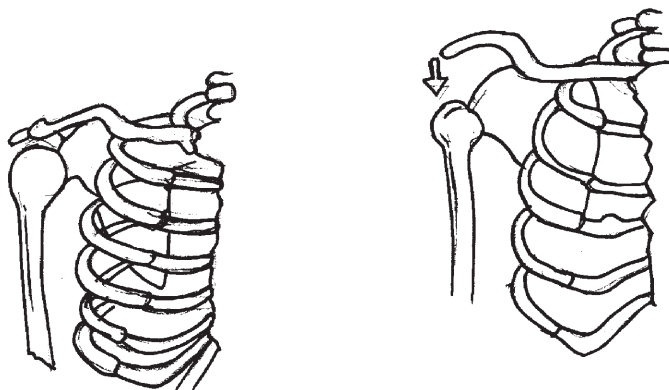


Fig. 2.13: Dislocated shoulder

Warning! Do not move the joint if you suspect a fracture, and do not attempt to push the joint back into position.

Action taken for dislocations

- i) Support and rest the joint in the most comfortable position

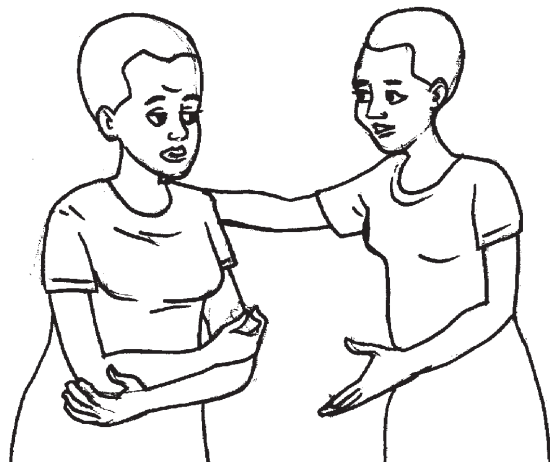


Fig 2.14: Support and rest for a dislocated joint

- ii) Apply ice packs
- iii) Seek medical aid immediately

e. Fractures

A fracture is a broken or cracked bone. There are two types of fractures: open and closed fractures as you will see in the science lesson.

❖ **What is an open fracture?**

❖ **What is a closed fracture?**

Signs and symptoms of fractures are: the sound or feeling of the bone breaking; intense pain around the break; deformity of the limb or inability to move it; tenderness when light pressure is applied; and the sound of bone-ends grating against each other.

Warning!

If possible, do not

- move the broken bone.
- shift the casualty unless it is essential for safety.
- administer any food or drink because a general anaesthetic may be needed.

Action taken for fractures

- i) If there is an open wound, control bleeding and cover the wound with a clean dressing then apply a bandage, making sure it is not directly over the fracture.
- ii) Support the fractured limb in the most comfortable position. Raise and rest the fractured foot or ankle on pillows or folded blankets.
- iii) Do not attempt to straighten the fractured limb.
- iv) Seek medical aid immediately.



Activity 2.6: Practising first aid for minor

In groups of five, illustrate how you would give first aid on the injuries elaborated above using the items from the first aid kit. You are encouraged to improvise where there is no item in the first aid kit.



Activity 2.7: Explaining safety and injury prevention

- i) Prepare and make a presentation of the
 - different situations which would require the DRABC routine of first aid.
 - danger points and activities at school that are likely to cause injuries.
 - different ways you can prevent injuries before, during and after sports activities.



Activity of Integration

Context: Suppose you were in the field for inter-class ball game competitions and two students collide, causing one to fall hard on the ground, and the other collapsing due to the collision as shown in **Fig. 2.15** below.



Fig. 2.15: Accident during school competitions

Task: Using your knowledge and skills

- i) In a presentation, illustrate what you would do and how you would help these students.
- ii) State in a write-up, the possible injuries and the steps you would follow to give first aid of the stated sports injury?



Chapter 3

Body Conditioning



<p>Key Words</p>	<p>After studying this chapter and practising the activities, you should be able to:</p>
<ul style="list-style-type: none"> • Warm-up • Cool down • Dynamic exercises • Stretching 	<ul style="list-style-type: none"> • know own body and its use in performance of physical activities. • identify and use the principal ways of prevention of injuries during physical activities. • perform a range of safe warm-up and cool down exercises that can be used before and after a physical activity. • explain the value of warming-up and cooling down before and after performing a physical activity respectively.

Body changes and Participation in Physical Activities

Boys and girls participate in a number of physical activities. Despite the body changes that happen to them, their participation in physical activities should not be changed.

Boys are usually considered to be stronger compared to girls although it may not be true for all cases. Hence there are some similarities and differences in the activities that are played by boys and girls.